

Table 13D
2003 Pregnancy Nutrition Surveillance (1)
Nation

Maternal Weight Gain and Birth Outcomes by Select Health Indicators

Maternal Weight Gain and Birth Outcomes by Select Health Indicators ⁽²⁾										
	Weight Gain (3)			Birth Outcomes						
	< Ideal		> Ideal	Birthweight			Preterm (6)		Full Term LBW (7)	
				Low (4)		High (5)				
		Number	%	%	Number	%	%	Number	%	Number
Prepregnancy BMI										
Underweight	69,063	29.5	30.4	67,742	11.5	3.4	68,541	12.8	56,688	6.0
Normal Weight	260,350	26.1	41.4	252,172	7.8	6.1	256,548	10.9	215,614	3.7
Overweight	84,443	15.2	59.9	81,632	6.9	8.6	83,235	10.7	69,951	3.0
Obese	164,876	26.9	46.3	161,130	7.1	10.7	163,957	11.4	137,217	3.0
Weight Gain										
< Ideal	–	–	–	128,867	12.6	4.2	132,104	14.6	105,380	6.1
Ideal	–	–	–	165,540	7.7	5.7	168,258	11.2	141,338	3.7
> Ideal	–	–	–	238,263	5.3	10.5	242,851	9.1	208,144	2.4
Smoking During Pregnancy										
Smokers	84,344	24.8	45.6	83,848	10.2	4.5	85,772	11.5	72,663	5.6
Non-Smokers	358,208	24.9	44.1	365,200	6.8	8.2	371,886	11.1	315,365	3.0

(1) Reporting period is January 1 through December 31.

(2) Excludes records with unknown data or errors.

(3) Based on 1990 IOM report, "Nutrition During Pregnancy": underweight prepregnancy (ideal weight gain = 28 to 40 lbs), normal weight prepregnancy (ideal weight gain = 25 to 35 lbs), overweight prepregnancy (ideal weight gain = 15 to 25 lbs), obese prepregnancy (ideal weight gain = 15 to 25 lbs).

(4) <2500 g.

(5) >4000 g.

(6) <37 weeks gestation.

(7) 37 or more weeks gestation and <2500 g.

* Percentages are not calculated if <100 records are available for analysis after exclusions.